

<b>ID</b>	3143
<b>Curricular Unit</b>	Intervention practices
<b>Regent</b>	Sidónio Olivério da Costa Serpa
<b>Learning Outcomes</b>	To discuss and follow the practical experiences of the students in sport and exercise contexts.
<b>Syllabus</b>	1.- Organization of the intervention practice 2.- Characterization of the sport and exercise contexts 3.- presentation from the students of a plan of intervention 4. Discussion about the process of implementing the plan 5. Integration of the psychological intervention in the whole activity of the clients
<b>Evaluation</b>	Teaching methodologies include lectures and its discussion on intervention strategies in sport and exercise psychology both in small groups and among the whole group. Later a series of sessions are organized including the presentation of the work being undertaken by students for general discussion. Evaluation is carried out by means of a report on the practical work.
<b>Bibliography</b>	- Andersen, M.B. (Ed.). (2000). Doing Sport Psychology. Champaign, IL: Human Kinetics -Hill, L.K. (2000). Frameworks for Sport Psychologists: Enhancing Sport Performance. Champaign, IL: Human Kinetics - Serrano,G.P. (2010). Elaboração de Projectos Sociais, Lisboa: Porto Editora - outros específicos de cada tema (other specific for each topic)